



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade K

Unit Food Groups/My Plate

SOLs:

- K.5 B- Identify **one fruit** and **one vegetable**.

Title: Name that Food Tag

Objectives/ Goals:

- [Students are learning about the five food groups]
- Students will be able to provide examples of foods in all 5 food groups, with a special focus on fruits and vegetables.

Materials:

- [Equipment and Set Up]
- 5 colored tagging implements- blue, red, orange, purple and green
 - 5 hula hoops matching the colors of the tagging noodles. Hula hoops are spread out around the perimeter of the gym

Procedure:

Intro- Discussion should cover:

- Review examples of healthy foods from each food group

Description-

Taggers represent the 5 food groups. Orange is grain, red is fruit, green is vegetable, purple is protein and blue is dairy. When a student gets tagged, they must go to the corresponding color and wait to be unfrozen. A student is free when another student comes and tells them either the food group represented by the color of their hoop or an example of a food from that food group.

Closure

- Ask students to give examples of fruits and vegetables

Assessments, References & Sources:

Resources:

- <https://healthy-kids.com.au/kids/primary-school/the-five-food-groups-1/>

Assessments:

As students leave class, ask them to provide an example of their favorite fruit or vegetable